

INTERIOR B.C. NATIVE FOOD GUIDE

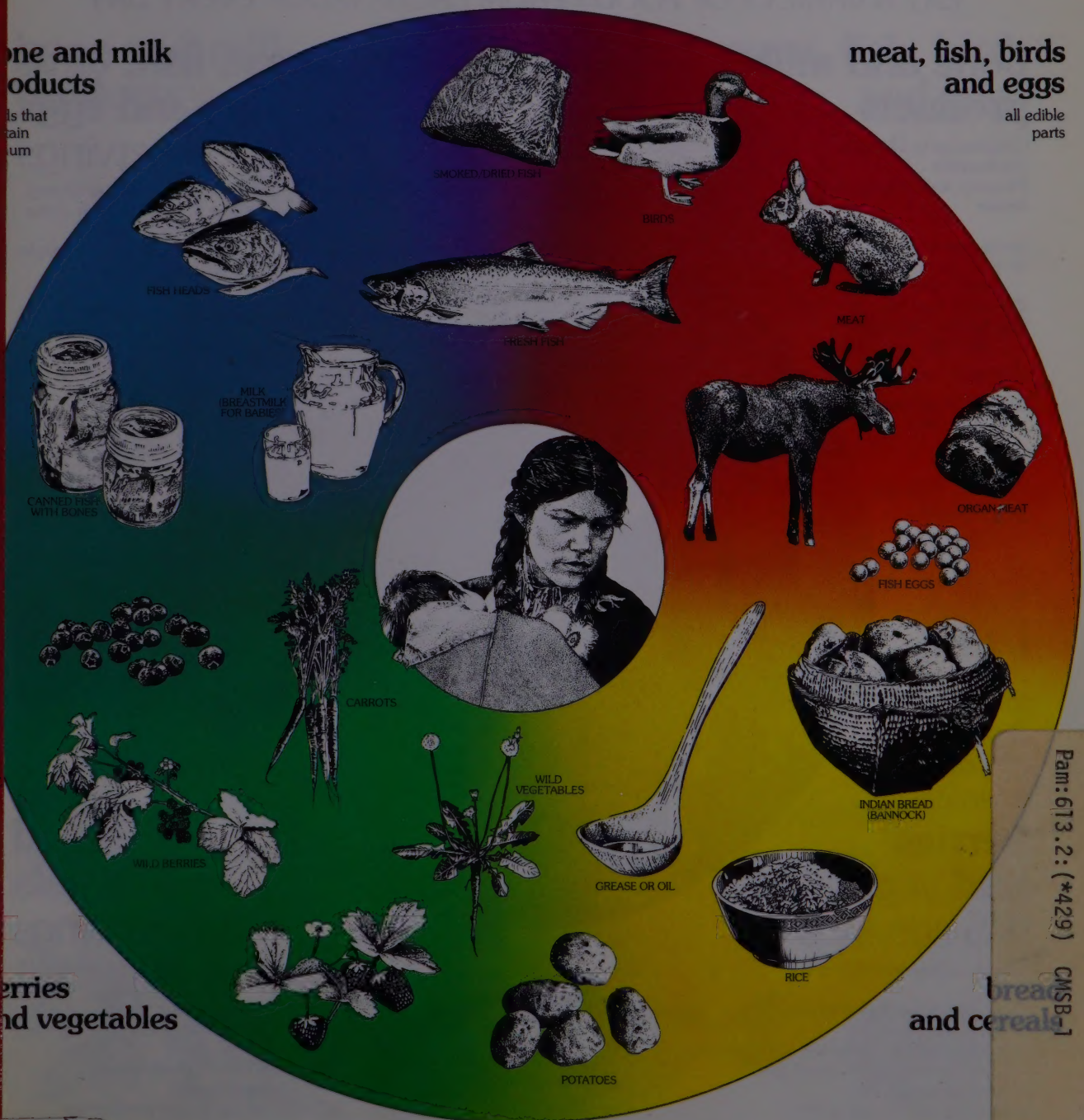
Eat a variety of foods from each group every day.

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products

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meat, fish, birds
and eggs

all edible
parts



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bread
and cereals

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Canada

Canada

Medical Services Branch
Pacific Region

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NATIVE FOOD GUIDE

This food guide shows how B.C. native foods fit into the four basic food groups. It also shows that native foods are very nutritious. Most native people today eat both traditional and non-native foods. Because native diets are in this transition, the guide includes some foods that are not strictly traditional. This guide can be used with the *Canada's Food Guide and Handbook*. Please refer to *Canada's Food Guide* for non-native foods. A complete list of all native foods in each food group is found on the last page of this guide.

EAT A VARIETY OF FOODS FROM EACH GROUP EVERY DAY

bone and milk products

Children up to 11 years
Adolescents
Pregnant and nursing women
Adults

2-3 servings
3-4 servings
3-4 servings
2 servings

Some examples of one serving:

90 g (3 oz.) canned salmon with bones
250 ml (1 cup) fish head soup
315 ml (1¼ cup) dried seaweed

250 ml (1 cup) milk

Breastmilk as needed for babies.

for strong bones and teeth

for eyes, skin and preventing infections

berries and vegetables

4-5 servings

Include at least two vegetables.

Some examples of one serving:
125 ml (½ cup) berries (strawberries, blueberries, cranberries, raspberries, blackberries)
1 medium-sized potato
125 ml (½ cup) carrots, greens

meat, fish, birds and eggs

2 servings

Some examples of one serving:
60-90 g (2-3 oz.) cooked organ meats (liver, heart)
60-90 g (2-3 oz.) cooked moose, bear, beaver, rabbit, duck, deer
60-90 g (2-3 oz.) cooked salmon, trout, shellfish
30-60 g (1-2 oz.) dried/smoked meat or fish

for strength, muscles and blood

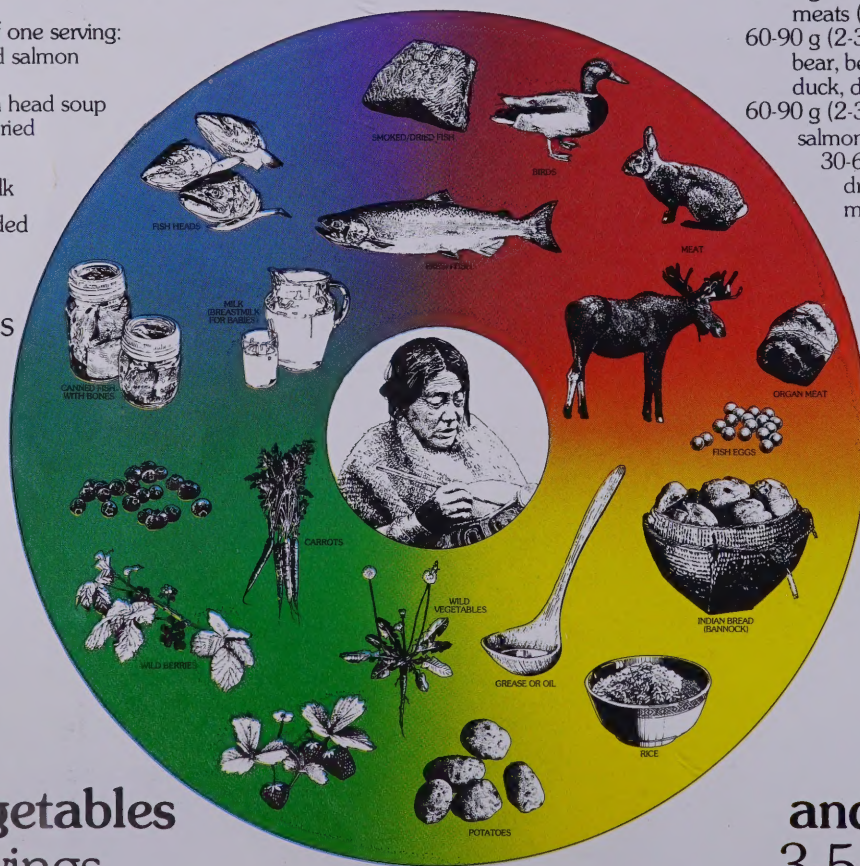
for energy

bread and cereals

3-5 servings

Whole grain products are recommended.

Some examples of one serving:
1 piece of bannock
1 slice of bread
125 ml (½ cup) cooked cereal (oatmeal/mush)
125-175 ml (½-¾ cup) cooked rice

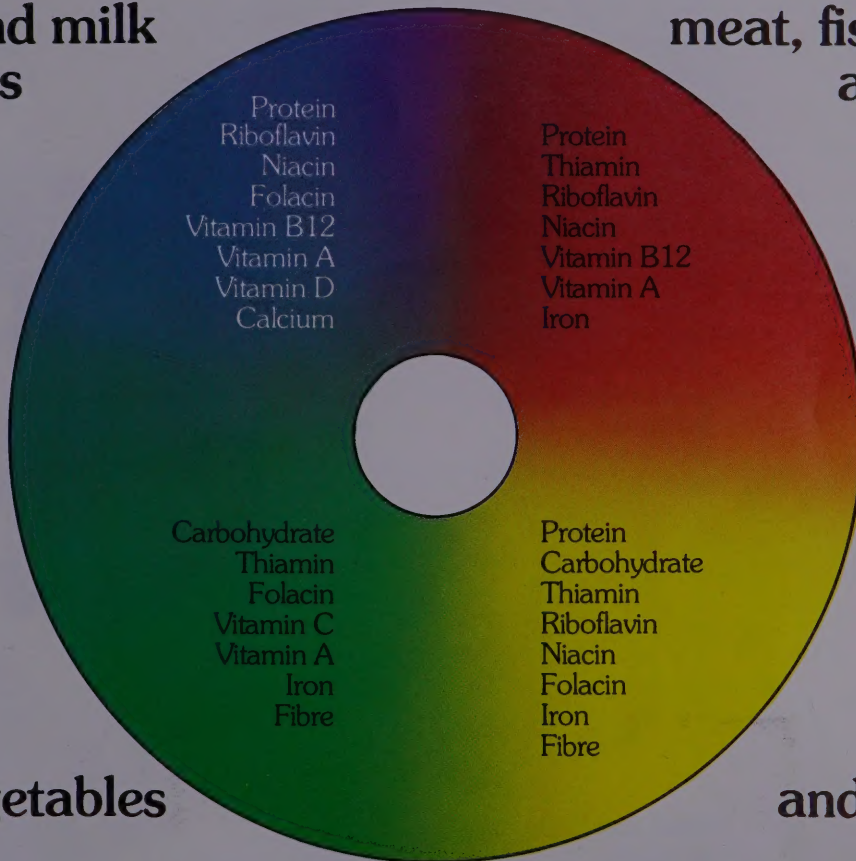


USING THE NATIVE FOOD GUIDE

The native food guide follows the principles outlined in the *Canada's Food Guide*. This guide has the same four food groups and serving sizes as *Canada's Food Guide*. Choose foods from each group in the right numbers and sizes of servings every day. Each food group provides you with different essential nutrients.

bone and milk products

meat, fish, birds and eggs



berries and vegetables

bread and cereals

Variety

Choose different kinds of foods from within each group every day.

Energy Balance

Needs vary with age, sex and activity. Balance energy intake from foods with energy output from physical activity to control weight.

Moderation

Select and prepare foods with limited amounts of sugar and salt. Use grease and oils in moderation.



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LIST OF NATIVE FOODS IN EACH FOOD GROUP

This page lists most native foods used in both coastal and interior B.C. If any native foods are missing please decide yourself which food group they go in. You will note that some foods fit into more than one food group.

meat, fish, birds and eggs

salmon
cod
whitefish
snapper
trout
flounder
herring
oolichans
smelts
char
halibut
smoked/dried fish
canned/jarred fish
herring eggs
salmon eggs
seagull eggs
clams
mussels
abalone
barnacles
cockles
sea prunes
sea cucumber
chitons
prawns
shrimp
sea urchin
eel
octopus
seal
sea lion
flippers
beaver meat
beaver tail
groundhog
mountain goat
moose meat
moose nose
moose tongue
grouse
ptarmigan
duck
rabbit
partridge

meat, fish, birds and eggs

pheasant
bear
sheep
squirrel
goose
quail
elk
caribou
porcupine
goose eggs
duck eggs
muskrat
heart
liver
canned meat
smoked/dried meat
fish soup
duck soup
stew



bone and milk products

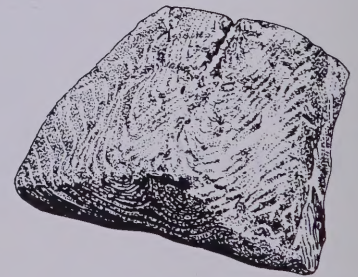
bone marrow
fish bones
fish heads
fish tails
milk
breastmilk (for babies)
canned salmon with bones
fish head soup
seaweed
shellfish
smoked/dried oolichans
with bones

berries and vegetables

wild celery
watercress
wild asparagus
bitter root
camus
rosehips
sunflowers
onions
potatoes
carrots
fiddleheads
fern shoot
mushrooms
pigweed
stinging nettles
dandelion greens
seaweed
apples
soapberries
huckleberries
cranberries
blueberries
strawberries
wild rhubarb
raspberries
saskatoons
gooseberries
blackberries
thimbleberries
elderberries
currants
wild crabapples
oregon grape
wild cherries
wild plums
salalberries
salmon berries
bunch berries
choke berries
black caps
red caps
Indian ice cream
dried berries
canned/jarred berries

bread and cereals

rice
rice root
Indian bread
(bannock)
cooked cereal
(oatmeal/mush)



other foods

sap
Indian tea
cedar bark
inner bark
oolichan grease
bear grease
deer grease
moose fat
seal grease

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JUL Canada. Medical Services Branch.

AUTHOR

Interior B.C. native food guide.

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